SEVEN Cs OF SUSTAINABLE SEAFOOD

CURIOSITY
Ask where, when, how and by whom your fish was harvested.

COMMUNITY-BASED
Choose local seafood harvested by community-based fishers who care about the resource.

SUPPLY CHAIN
Patronize local seafood stores that ensure transparency back to the boat and pay fish harvesters a fair price.

CHANGE IT UP
Try underused species like mackerel, cusk, butterfish or sea urchins.

CYCLES
Eat with the ecosystem — choose seafood available during different seasons.

CULTIVATE
Understand sustainable aquaculture practices and avoid industrialized farmed seafood.

CULTURE
Acknowledge the deep ancestral traditions that have shaped fishing communities for millennia.

SLOW FISH
NORTH AMERICA

ONE FISH®
FOUNDATION

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